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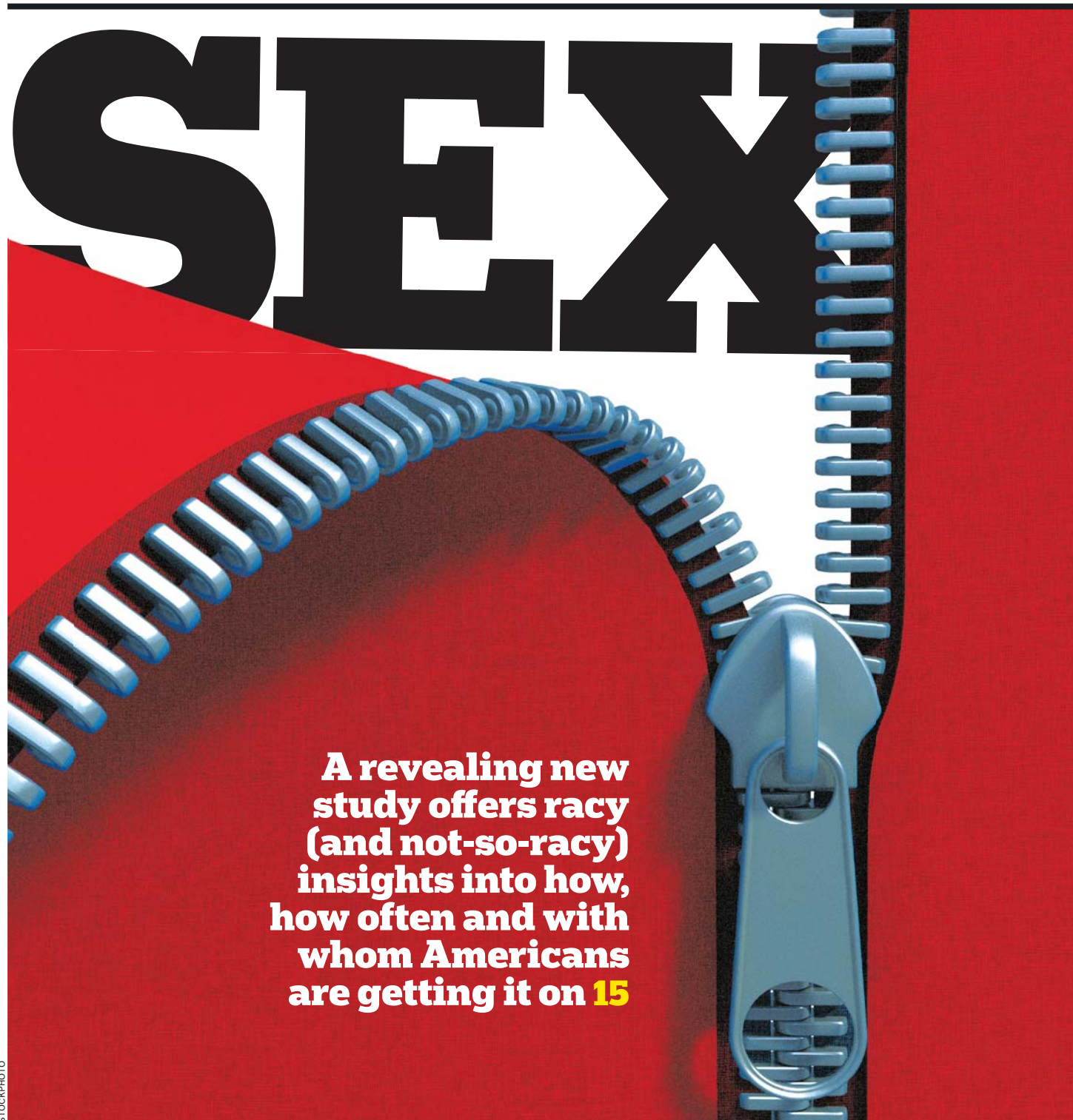
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Tuesday

OCTOBER 5, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

SEX



A revealing new study offers racy (and not-so-racy) insights into how, how often and with whom Americans are getting it on 15



GETTY IMAGES

ROAD TO RUIN?

Crumbling transit infrastructure could hobble the economy 3

VIEW FROM THE TOP

It's early still, but the division lead is the Redskins' to lose 16

ON A ROLL

Bike-share drives

people to rethink how they get around 21



am 65 48 pm
///

FOR EXTENDED FORECAST, SEE PAGE 41

ISTOCKPHOTO



eye openers



Well, That Would Signal Change

New York City's most famous cowboy has been seized by naked ambition. Robert Burck, aka the Naked Cowboy, intends to announce Wednesday that he plans to enter the 2012 presidential race. Burck is a tourist attraction known for strumming his guitar in Times Square while wearing only white underwear, boots and a cowboy hat. He also briefly ran for mayor in 2009. (AP)

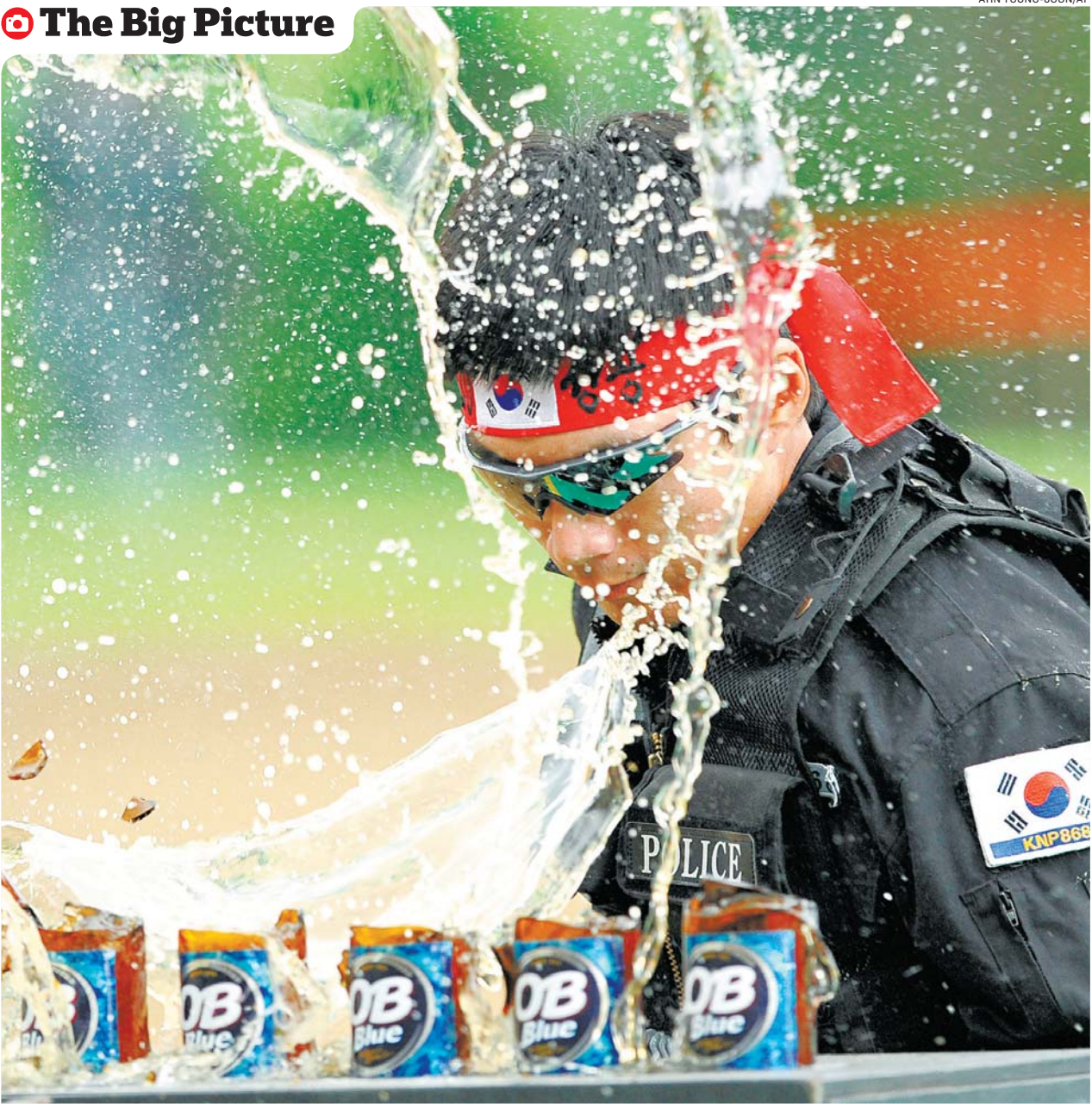
Lighten Up, Prison — It's Just a Handcuff Key

A minimum-security prison in Bakersfield, Calif., has banned hugs and kisses due to concerns about contraband at the Lerdo Minimum Facility. Sheriff's Sgt. Ian Silva says that in August, four visitors were found with contraband, including a knife, a handcuff key, marijuana, methamphetamine and drug paraphernalia. The ban went into place on Friday. (AP)

New Social Networking Scheme Bought by Google

A message in a bottle sent by a Florida high school student as part of his marine science class has come ashore in Ireland. Corey Swearingen put the bottle into the Atlantic Ocean in April 2009, and it followed the current all the way to a small fishing village. A 17-year-old boy and his father found the bottle during a family vacation and responded to the letter inside. (AP)

The Big Picture



A SOUTH KOREAN police officer breaks beer bottles with his hand during a police force's demonstration for a successful G20 Seoul Summit at a police training center in Seoul on Monday. (AP)



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In Brief

SACRAMENTO, CALIF.

Court Upholds Furloughs

The California Supreme Court on Monday unanimously upheld Gov. Arnold Schwarzenegger's order to furlough state workers. Unions have challenged the order since it implemented the furloughs for more than 200,000 employees in February 2009. (AP)

ALBANY, N.Y.

Panel: Nuclear Plants Need More Info in Hiring

The Nuclear Regulatory Commission should be given better access to criminal databases and travel history to try to keep terrorists from getting jobs inside the nation's nuclear power plants, federal auditors said Monday. The review began after a suspected al-Qaeda member was found to have worked in a New Jersey nuclear power plant for six years. (AP)

MONTGOMERY, ALA.

11 Indicted in Bingo Plot

The owner of Alabama's largest casino, four state senators and several lobbyists face federal charges of conspiring to buy and sell votes for millions of dollars to get electronic bingo legalized, according to an indictment released Monday. One lobbying firm employee has pleaded guilty to offering \$2 million for the vote of an indicted senator. (AP)

Report: Transit Reform Needed

Infrastructure woes likely to hobble U.S. economy, panel says

Washington

The United States is saddled with a rapidly decaying and woefully underfunded transportation system that will undermine its status in the global economy unless Congress and the public embrace innovative reforms, a bipartisan panel of experts concluded in a report released Monday.

U.S. investment in preservation and development of transportation infrastructure is so far behind that of China, Russia and European nations that it will lead to "a steady erosion of the social and economic foundations for American prosperity in the long run."

That is a central conclusion in a report issued on behalf of about 80 transportation experts who met for three days in September 2009 at the University of Virginia. Few of their conclusions were ground-breaking, but the weight of their credentials lends gravity



Future funding for U.S. infrastructure is critical, a panel of 80 experts concluded.

Meanwhile ...

Orders to U.S. factories fell in August, reflecting a big drop in demand for commercial aircraft. Orders for motor vehicles and parts dropped 3.6 percent in August. But outside of the transportation sector, manufacturing orders posted a 0.9 percent increase, rising for the first time since March. (AP)

to their findings.

Co-chaired by two former secretaries of transportation — Norman Y. Mineta and Samuel Skinner — the group estimated that an additional \$134 billion to \$262 billion must be spent per year through 2035 to rebuild and improve roads, rail systems and air transportation.

"The United States can't compete successfully in the 21st cen-

18.4¢

The U.S. federal gas tax per gallon, which has stayed the same since 1993. A major hike in the tax could help fund transportation initiatives, the report said. (TWP)

tury with a 20th century transportation infrastructure," the report said.

The key to salvation is developing new long-term funding sources to replace the waning revenues from federal and state gas taxes that largely paid for the construction and expansion of the highway system in the 1950s and 1960s, the report says.

Fuel tax revenues, including state taxes that range from 8 cents in Alaska to 46.6 cents in California, have declined as fuel efficiency has grown.

Facing midterm elections, Congress has failed to tackle transportation funding. Efforts to advance a new six-year federal transportation plan stalled after the previous one expired last year. **ASHLEY HALSEY III** (THE WASHINGTON POST)



U.S. vs. Credit Card Companies: The Justice Department on Monday sued the three largest U.S. credit card companies for anti-competitive practices but reached a proposed settlement with two of them, MasterCard and Visa. "The companies put merchants and their customers in a no-win situation," Attorney General Eric Holder said. American Express was also named in the suit, but no settlement has been reached with it yet. (AP)

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Nation

A Quiet Beginning At Supreme Court

On session's first day,
Kagan settles into
new role as justice

Washington

The Supreme Court began a new era Monday with three women serving together for the first time, with Elena Kagan taking her place at the end of the bench and quickly joining in the give-and-take.

In a scene that will repeat itself over the next few months, Kagan left the courtroom while the other justices remained to hear a case in which she will take no part.

Kagan has taken herself out of 24 pending cases, including the second of the two argued Monday, because of her work as the Obama administration's solicitor general prior to joining the court in August.

Opening its new term on the traditional first Monday in October, the court turned down hundreds of appeals, including one from the relatives of victims of the Sept. 11 attacks. They are seeking a proper burial for material taken from the World Trade Center site because it could contain the ashes of victims.

The justices also refused to hear several criminal appeals, including one by John and Timothy Rigas, founders of former telecommunications giant Adelphia Communications. They wanted the court to overturn their fraud convictions in connection with Adelphia's col-



J. SCOTT APPLEWHITE/AP

Her former job as solicitor general will excuse Elena Kagan from some cases.

lapse in 2002.

The court also rejected an appeal by reputed Ku Klux Klansman James Ford Seale of his conviction for killing two black men in rural Mississippi in 1964 and another appeal by Georgia death row inmate Jamie Ryan Weis, who said he had no lawyer for two years.

At the court, moments after Marshal Pamela Talkin banged her gavel and commanded the audience's attention, Chief Justice John Roberts announced the start of the new term with little fanfare.

Justice Sonia Sotomayor, beginning her second year on the court, sat at the opposite end of the bench from Kagan, while Justice Ruth Bader Ginsburg, who joined the court in 1993, sat midway between Kagan and Roberts, who occupies the center chair.

John Paul Stevens' retirement after 34 years led to Kagan's appointment. **MARK SHERMAN (AP)**



Marine Census Completed

An international effort to create a Census of Marine Life was completed Monday with maps and three books, increasing the number of counted and validated species to 201,206. The \$650 million project

received money and help from more than 600 groups worldwide, and involved 2,700 scientists, said Jesse Ausubel of the Alfred Sloan Foundation, the co-founder of the effort. **(AP)**

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Nation

3.7M Vehicles Fixed So Far, Toyota Says

Company to expand investigation beyond acceleration problem

Washington

Toyota said Monday it had fixed about 3.7 million vehicles in the United States as part of its massive safety recalls, citing progress in rebuilding its reputation for safety.

The world's largest automaker said in a progress report Monday that it had aggressively responded to safety problems at the urging of its president, Akio Toyoda, and top company officials.

On Monday, Toyota said it is expanding the role of engineering teams that have been sent out

to examine cars that owners claim sped up on their own. Those teams will now check out other problems raised by owners, although Toyota declined to say what the issues are.

Toyota has been working to repair its reputation for safety in the wake of more than 10 million recalls worldwide. The problems are still under review by the government.

Toyota said it had repaired 3.7 million of the 5.6 million cars and trucks recalled for sticky gas pedals and floor mats that can trap accelerators.

The company also said it has fixed 86 percent of the 148,000 Prius and Lexus hybrids recalled due to a problem with the antilock brakes. (AP)

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Ambushes At Pakistan Crossing Fuel Fears

Islamabad

Militants carried out two new attacks on NATO convoys in Pakistan on Monday as the government closure of a vital entry point into Afghanistan continued for a fifth day, underscoring the fragility of the coalition forces' most important war supply route.

NATO has tried to diversify its paths for importing fuel and other supplies, but it remains dependent on the highways of Pakistan, where popular opposition to the war and the United States, political instability and the Taliban insurgency all pose constant threats.

One senior NATO official said he expected the Torkham crossing to reopen this week, after the completion of an investigation into the NATO airstrike that prompted the border crossing. But Pakistani officials conditioned that reopening on improved security for convoys, and that only deteriorated when a band of armed men shot and torched as many as 20 NATO fuel trucks parked at a depot near Islamabad, killing three people.

Later, two trucks were ambushed in an attack that killed two people in the southwestern province of Baluchistan, where a second crossing into Afghanistan has remained open. (THE WASHINGTON POST)

UK In-Vitro Pioneer Wins Nobel

Breakthrough still sparks controversy with religious groups

Stockholm

Robert Edwards of Britain won the 2010 Nobel Prize in medicine on Monday for developing in-vitro fertilization, a breakthrough that has helped millions of infertile couples have children but also ignited an enduring controversy with religious groups.

Edwards, an 85-year-old professor emeritus at the University of

“Edwards’ vision ... brings joy to infertile people all over the world.”

— THE NOBEL COMMITTEE, IN ITS CITATION OF MONDAY’S HONOREE.

Cambridge, started working on IVF as early as the 1950s. He developed the technique — in which eggs are removed from a woman, fertilized outside her body and then implanted into the womb — together with British gynecologist surgeon Patrick Steptoe, who died in 1988.

Despite facing resistance from Britain’s medical establishment and religious leaders, Steptoe and Edwards spent years developing IVF.



Robert Edwards of Britain sits with two of his “test-tube babies” in this 1998 photo.



Patient No. 1

On July 25, 1978, Louise Brown — seen after her birth — in Britain became the first baby born through in-vitro fertilization. Since then, about 4 million people have been born using the technique, the Nobel medicine prize committee said — a rate that is up to about

300,000 babies worldwide a year, according to the European Society of Human Reproduction. Brown, now 32, gave birth to her first child in 2007, a boy named Cameron who she said was conceived naturally. Brown paid tribute Monday to the man who gave her life. “It’s fantastic news; me and mum are so glad that one of the pioneers of IVF has been given the recognition he deserves.” (AP)

IVF Limits

A Lively Debate

The controversy over in-vitro fertilization has not dimmed despite its popularity, and debate now centers on who should be able to use the technology. Some experts question whether an age limit should be set on would-be parents; whether women and men who donate their eggs and sperm should be paid; and whether gay couples should be eligible. In France, lesbians are not allowed to use donor sperm, and Britain limits the pay women get for donating their eggs. (AP)

In 1980, they founded the world’s first IVF clinic, at Bourn Hall in Cambridge, England. The Vatican is opposed to IVF because it involves separating conception from the “conjugal act” and often results in the destruction of eggs that are taken from a woman but not used.

In a statement, Bourn Hall said one of Edwards’ proudest moments was discovering that 1,000 IVF babies had been born at the clinic since Louise Brown in 1978, and relaying that information to a seriously ill Steptoe shortly before his death. “I’ll never forget the look of joy in his eyes,” Edwards said. (AP)



Red Scare: The reservoir of an alumina plant in western Hungary burst on Monday, flooding several towns with towering waves of red sludge. Two people died, seven were missing and several dozen were injured, rescue services said. The sludge, a waste product in aluminum production, contains heavy metals and is toxic if ingested, the National Disaster Management Directorate reported on Monday. (AP)

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World

A Protracted Power Play in Iraq

Long parliamentary battle will soon yield to ministry jostling

Baghdad

The flurry to close the first chapter of Iraq's seven-month political drama is suddenly intense with angry Sunnis pledging to dig in for a fight while Shiite Prime Minister Nouri al-Maliki tries to win over the last few allies he needs to stay in power.

But after the struggle for prime minister is finally settled comes the next big fight that could also drag on for months — the competition for key government posts.

A taste of both the old and



KHALID MOHAMMED/AP

Iraqi Prime Minister Nouri al-Maliki is trying to forge a coalition government.

upcoming showdowns was offered Monday inside the parliament building that's been idled by the political crisis since March elections.

Sunni leaders lashed out at al-Maliki, who appears to be on the verge of dodging election defeat and hanging onto power. But the pledges of Sunni unity and defiance also

pointed to the drawn-out fight over Cabinet seats that could extend the impasse into its fourth season.

But the real brawling begins when it's time to dole out the ministries, including such gems as the Interior Ministry, which directs security affairs, and the Oil Ministry, which oversees lucrative exploration deals and oil reserves that — according to new figures announced Monday — are now the second largest in OPEC after Saudi Arabia's.

If al-Maliki wins, he'll need to reward his new partners such as anti-American cleric Muqtada al-Sadr. Analysts say Sunnis will likely put aside their anger and also vie for key posts despite pledges to boycott an al-Maliki government. (AP)

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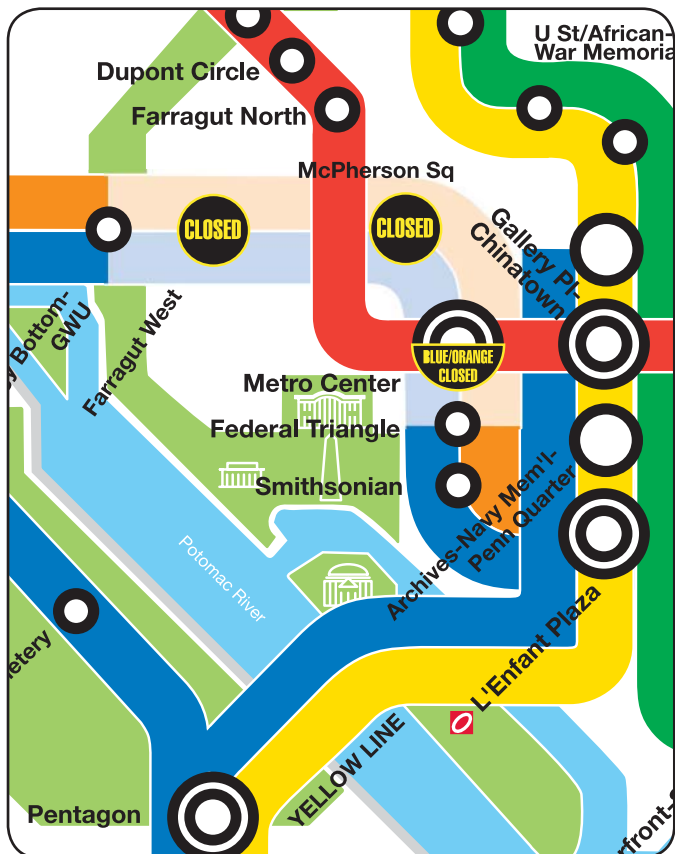
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October 8 – 11, 2010.

No Blue or Orange Line Service at Farragut West, McPherson Sq and Metro Center during the Columbus Day Holiday weekend.

For more information, please visit MetroOpensDoors.com or call 202-637-7000.



A portion of the Blue/Orange Line and the stations that it serves—Farragut West and McPherson Sq—will close at 10 p.m., Friday, October 8, and reopen at 5 a.m., Tuesday, October 12. Metro Center station will be open but only for Red Line trains.

This shutdown, while major, is important. It will enable Metro to complete a major rehabilitation and rebuilding project to improve safety, comply with a recommendation made by the National Transportation Safety Board and maintain service reliability and a state of good repair. Metro will be providing a free shuttle bus service, please add 40 minutes to your travel time.

Travel options

■ On Saturday, Oct 9, Sunday, Oct 10 and Monday, Oct 11, from opening until 9:30 p.m., every other Blue Line train departing Franconia-Springfield will be diverted to the Yellow Line at the Pentagon heading to L'Enfant Plaza and terminating at Mt. Vernon Sq/7th St.-Convention Center. Customers can conveniently transfer to the Red Line at Gallery Pl-Chinatown.

■ For Blue/Orange Line customers coming in from Virginia needing to transfer to the Red Line – Transfer to the free shuttle bus at Foggy Bottom-GWU and ride to Farragut North.

■ For Blue/Orange Line customers coming in from Largo Town Center and New Carrollton needing to transfer to the Red Line - Transfer to the Green/Yellow Line at L'Enfant Plaza and ride to Gallery Pl-Chinatown.

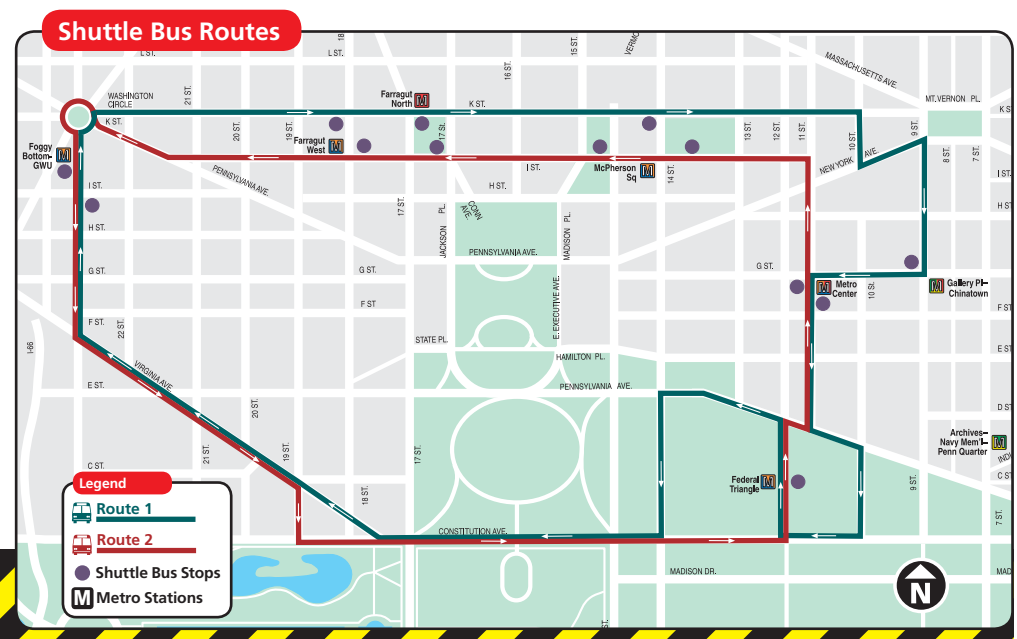
Free shuttle buses

Metro will operate two free shuttle bus routes between the affected stations:

Route 1: Clockwise – Foggy Bottom-GWU, Farragut West, Farragut North, McPherson Sq, Gallery Pl-Chinatown, Metro Center, Federal Triangle, Foggy Bottom-GWU.

Route 2: Counter-clockwise – Federal Triangle, Metro Center, McPherson Sq, Farragut North, Farragut West, Foggy Bottom-GWU, Federal Triangle.

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Terror Warnings Grow

U.S. strike kills five German militants hiding in Pakistan

Berlin

An American missile strike killed five German militants Monday in the rugged Pakistan border area where a cell of Germans and Britons at the heart of the U.S. terror alert for Europe — a plot U.S. officials link to al-Qaeda leader Osama bin Laden — were believed to be in hiding.

Authorities across Europe have heightened security at airports and other travel hubs as well as at main tourist attractions following the U.S. warning of an al-Qaeda-linked terror plot targeting London, Paris, Berlin and other European capitals.

Washington warned Americans over the weekend to use caution when traveling in Europe and imposed a curfew on some U.S. troops based in Germany.

On Monday, Britain, Japan and Sweden issued warnings of their own, advising their citizens traveling in Europe to be on alert for



French security officers patrol the area outside Notre Dame Cathedral on Monday.

German Concerns

Germany's Federal Criminal Police Office has said that there is "concrete evidence" that 70 of 220 people who have traveled from Germany to Pakistan and Afghanistan for paramilitary training have received it. It is believed that about a third of those 70 have returned to Germany. A senior Pakistani intelligence official said last week that about 60 Germans were believed to be in the region where the latest missile strike occurred. (AP)

a possible terrorist attack.

The U.S. missile strike in Pakistan killed five German militants taking shelter in a house in the town of Mir Ali in North Waziristan, a known hub for foreign militants with links to al-Qaeda, Pakistani intelligence officials said.

The terror cell said to be behind the Europe plot — eight Germans and a Briton — were believed to have been in hiding in the region. A second Briton was killed in a U.S. strike last month.

MELISSA EDDY (AP)

Hearsay



"Formally, I'm on trial here today, but with me, the freedom of expression of many, many Dutch people is also being judged."

— **GEERT WILDERS**, A DUTCH ANTI-ISLAM POLITICIAN WHO APPEALED FOR FREEDOM OF EXPRESSION MONDAY AS HE WENT ON TRIAL FOR ALLEGED HATE SPEECH AS HIS PARTY'S POPULARITY IS RISING.

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Hiring, Spending Freeze Set for D.C.

Washington

Mayor Adrian M. Fenty will issue a freeze on hiring and promotions in city government Monday and restrict discretionary spending within the agencies, his staff said.

Fenty's efforts come as the administration and D.C. Council prepare to tackle an estimated \$175 million shortfall in the budget for fiscal 2011.

Last week, D.C. Council Chairman Vincent C. Gray suggested the hiring and spending freeze as a way of starting expected deliber-

ations over how to close the shortfall. "This will be an initial effort to put the brakes on spending," Gray said.

According to officials, Fenty's order will probably prevent agencies from spending any money on non-essential items or travel. It could also halt employee pay raises. **TIM CRAIG**
(THE WASHINGTON POST)

washingtonpost.com

How will D.C. Democratic mayoral candidate Vincent Gray reach out to white residents without alienating his primarily African-American base?

Conflicting Interests at Arlington



RAY SCHLEGEL, LEFT, OF COLLEGE PARK, and Wally Dawall, right, of Gaithersburg, pay their respects to Navy SEAL Lt. Brendan J. Looney near the main entrance of Arlington National Cemetery, where Looney was buried Monday. Members of Westboro Baptist Church protest behind them.

The Lotteries

Monday, Oct. 4

District

Mid-day Lucky Numbers	8-4-0
Evening Lucky Numbers (Sun.)	5-1-9
Mid-day DC 4	3-8-4-0
Evening DC 4 (Sun.)	8-1-0-2
Mid-day D.C. Five	1-4-3-3-3
Evening D.C. Five (Sun.)	0-6-9-6-6
Daily 6 (Sun.)	8-17-21-22-32-33 (9)

Maryland

Mid-day Pick 3	3-2-3
Evening Pick 3 (Sun.)	2-0-3
Mid-day Pick 4	2-4-5-9
Evening Pick 4 (Sun.)	2-8-8-8
Match 5 (Sun.)	5-7-8-20-39 (4)

Virginia

Mid-day Pick 3	7-0-3
Evening Pick 3 (Sun.)	7-2-3
Mid-day Pick 4	8-6-4-0
Evening Pick 4 (Sun.)	5-1-5-8
Mid-day Cash 5 (Sun.)	4-13-18-21-26
Evening Cash 5 (Sun.)	3-9-16-18-30

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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Local

In Brief

BALTIMORE

Foreclosure Moratorium Sought by Cummings



Cummings

Rep. Elijah Cummings says he is calling on the governor and attorney general to impose a 60-day moratorium on foreclosures in Maryland. The Baltimore congressman says numerous reports from multiple states suggest lenders may have fraudulently acted to begin foreclosure proceedings against some homeowners. As a result, Cummings says, families may have been wrongly evicted from their homes. (AP)

RICHMOND, VA.

Panel Backs McDonnell's Va. Liquor Store Sale Plan



McDonnell

A government reform commission has endorsed Gov. Bob McDonnell's proposal to end the state's 76-year-old liquor monopoly. More than 20 members of the Government Reform and Restructuring Commission backed the plan Monday. The proposal is a framework of a privatization plan that will be considered by the General Assembly. Under McDonnell's plan, the state would realize nearly \$500 million from selling the state-owned liquor stores. (AP)

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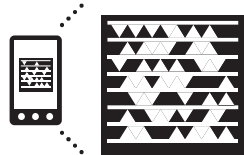
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Sexual Revelations

A new study offers insights into what we're doing in bed

New York

The male-female orgasm gap. The sex lives of 14-year-olds. An intriguing breakdown of condom use rates, by age and ethnicity, with teens emerging as more safe-sex-conscious than boomers.

That's just a tiny sampling of the data unveiled Monday in the National Survey of Sexual Health and Behavior, what the researchers say is the largest, most comprehensive national survey of Americans' sexual behavior since 1994.

Filling 130 pages of a special issue of the Journal of Sexual Medicine, the study offers detailed findings on how often Americans have sex, with whom and how they respond. In all, 5,865 people, ranging in age from 14 to 94, participated in the survey.

The lead researchers, from Indiana University's Center for Sexual Health Promotion, said the study fills a void that has grown since the last comparable endeavor — the National Health and Social Life Survey — was published 16 years ago. Major changes since then include the spread of sexually transmitted diseases, the types of sex education available to young people, the advent of same-sex marriage, and the emergence of the Internet as a tool for social interaction.

Dr. Dennis Fortenberry, a pediatrics professor who was lead author of the study's section about teen sex, said the overall findings of such a huge survey should provide reassurance to Americans who are curious about how their sex lives compare with others'.

The researchers said they were struck by the variety of ways in which the subjects engaged in sex — 41 different combinations of sexual acts were tallied.

Getting Americans To Open Up About Their Sex Lives

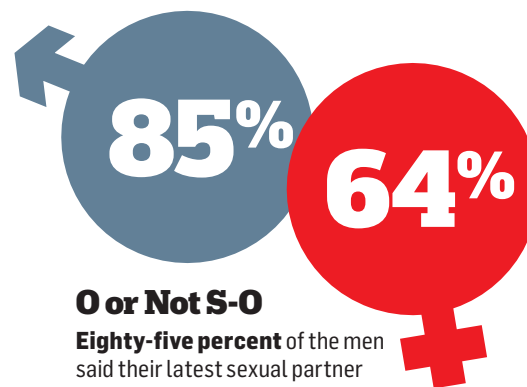
The survey was conducted from March through May of 2009, with the assistance of Knowledge Networks, among a nationally representative sample of adolescents and adults. Once people were selected to participate, they were interviewed online. The researchers said the last study, in 1994, was compiled through in-person interviews, while the new method — collecting data over the Internet — may help make respondents more comfortable about discussing sexual behaviors.

5,865

respondents, ranging in age from 14 to 94, participated in the National Survey of Sexual Health and Behavior.

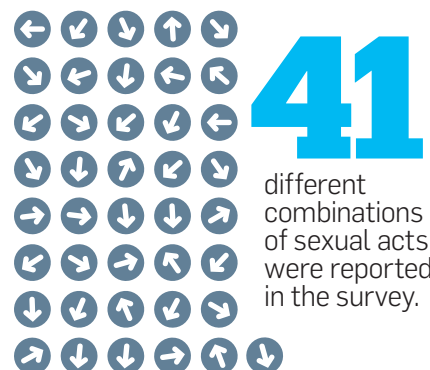
130

The number of pages the report fills in a special issue of the Journal of Sexual Medicine, coming in at a thickness of 1.22 inches.

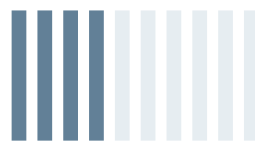


O or Not S-O

Eighty-five percent of the men said their latest sexual partner had an orgasm, while only 64 percent of the women reported having an orgasm in their most recent sexual event.



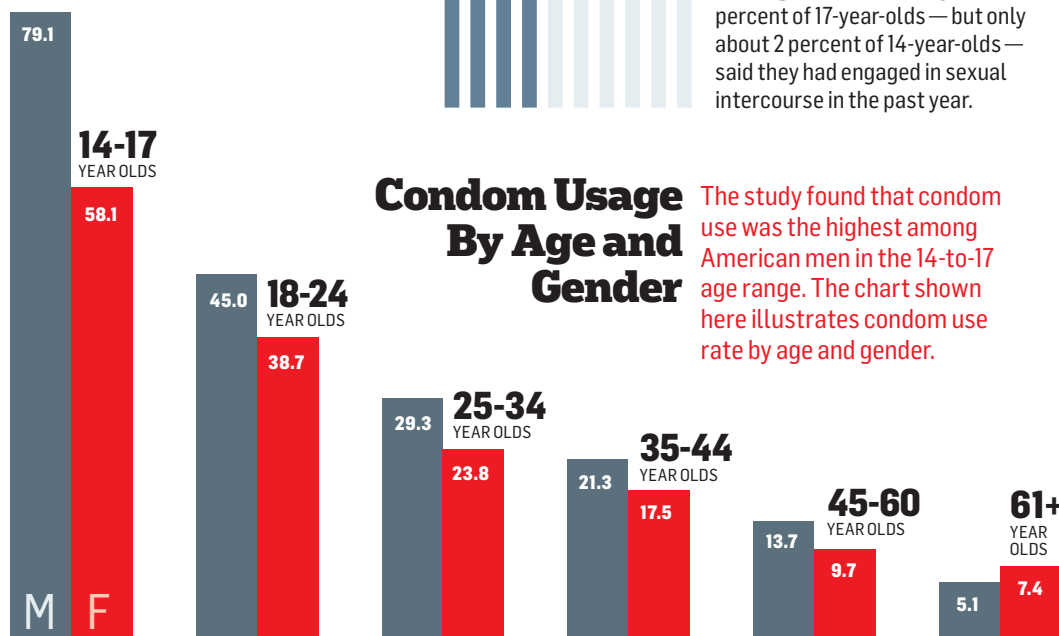
different combinations of sexual acts were reported in the survey.



Among adolescent boys, 40 percent of 17-year-olds — but only about 2 percent of 14-year-olds — said they had engaged in sexual intercourse in the past year.

Condom Usage By Age and Gender

The study found that condom use was the highest among American men in the 14-to-17 age range. The chart shown here illustrates condom use rate by age and gender.



The study, which began taking shape in 2007, was funded by Church & Dwight Co., the manufacturer of Trojan condoms. Questions about condom use figured prominently in the study, but the researchers insisted the integrity of their findings was not affected by the corporate tie.

“What these data say is, ‘This is normal — everything in there is normal.’”

— DR. DENNIS FORTENBERRY, LEAD AUTHOR OF THE STUDY'S SECTION ABOUT TEEN SEX, ON THE IMPACT OF THE REPORT'S OVERALL FINDINGS

Among the findings was a high rate of condom use among 14- to 17-year-olds. Of the surveyed boys who had sexual intercourse, 79 percent reported using a condom on the most recent occasion, compared to 25 percent for all the men in the survey.

However, the sample for that particular question involved only 57 teens in the 14-to-17 age range. That's far smaller than the thousands involved in the latest federal Youth Risk Behavior Survey last year, which calculated condom use among sexually active high school students at 61 percent. Fortenberry nonetheless found the new findings encouraging.

“There's been a major shift among young people in the role condoms have in their sexual lives,” he said. “Condoms have become normative.”

Another finding: Rates of condom use among black and Hispanic men were significantly higher than for whites. The researchers said this suggested that HIV-AIDS awareness programs were making headway in those communities, which have relatively high rates of the disease. DAVID CRARY (AP)

An Unrivaled Position

Two divisional wins have the Redskins looking up this year

The Redskins

When Mike Shanahan took over the Redskins last winter, he had volumes of tape to review so he could assess the players he would inherit and figure out the needs he would have to fill. But when that task was over, Shanahan and his staff turned to another stack of film: The games of the Dallas Cowboys, Philadelphia Eagles and New York Giants, the entire 2009 schedule for the Redskins' three divisional opponents.

"You study schemes; you study personnel," Shanahan said Monday. "You want to make sure that you're on top of everything they do."

The Redskins — if only precariously, and with three-quarters of the season to go — are on top of the NFC East at least in part because Shanahan and his staff have placed enormous emphasis on divisional games. They are just 2-2 overall, but their two wins are over Dallas, in the season opener, and Philadelphia on Sunday, a 17-12 decision that put life back into Washington's season because it's unbeaten in the division.

Shanahan describes the impor-

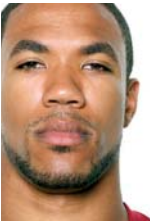
Comings and Goings



Trent Williams is on the mend, according to coach Mike Shanahan. The rookie left tackle should take part in practice Wednesday.



Clinton Portis, who missed most of the second half of Sunday's game with a groin injury, was awaiting results of an MRI on Monday.



Devin Thomas is rumored to be on the trading block, the National Football Post is reporting. The receiver hasn't started a game this season.



JIM MISAACI/GETTY IMAGES

tance of play within the division to anyone who will listen, including his team.

"If you win your division, you're guaranteed a home playoff game," Shanahan said. "What better way to start off the postseason than, obviously, a game in your backyard?"

It is, no doubt, early for realistic talk about playoff games, particularly at home for a team that hasn't won the NFC East since 1999.

But last season, Washington failed to win a single divisional game for just the second time in franchise history. Already, the Redskins find themselves in a better position in 2010. (THE WASHINGTON POST)

Donovan McNabb is 2-2 in his first four games as the Redskins' starting QB.

In Brief



Justin Morneau will sit out of the post-season for the second-straight season.

PRO BASEBALL
Morneau Out for Playoffs

For the second-straight year, the Minnesota Twins will play the postseason without Justin Morneau. The 2006 AL MVP hasn't played since July 7, because of post-concussion symptoms stemming from an inadvertent knee to the head during a slide into second base at Toronto. (AP)

PRO FOOTBALL
Eagles' Vick Is Day-to-Day

Michael Vick has a rib cartilage injury, and his status is uncertain for Philadelphia's next game at San Francisco. Eagles coach Andy Reid wouldn't rule out Vick for the 49ers game, saying Vick's sore and will be evaluated each day. Kevin Kolb, who began the season as the Eagles' No. 1 quarterback, will start if Vick can't play. (AP)

PRO FOOTBALL
Titans Coach Fined \$40K

The NFL fined Tennessee Titans defensive coordinator Chuck Cecil \$40,000 Monday for his obscene gesture at game officials during Sunday's game against the Broncos. (AP)



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Sports

Nationals See Progress

Team says it's closer to being competitive but has work to do

The Nationals

The 2010 Nationals season was shaped not only by the rotating cast of 25 men in the team's clubhouse, but also by the hardball horrors of the past two years. They finished tied for the sixth-worst record in the major leagues, and that counted, at once, as improvement and discouragement.

"If you look at the team we had two years ago, it's definitely progress," starter John Lannan said. "It's not where we want to be. We don't want to lose 90-plus games. But there are some areas where we improved. ... At the same time, you know, it's a little discouraging. But we're going in the right direction."



EVANVUCI/AP

Danny Espinosa is among the youngsters the Nats hope to build around for years.

So, then, this Nationals season may be judged by the seasons to follow. By the team's record, it's no longer the worst baseball has to offer. It's still one of the worst. Was this season an initial and necessary step

on the way from wallowing at the bottom of the league toward contention? Or was it another year of entrenched futility?

The Nationals believe they are closer to contention than their 69-93 record — good enough to tie them with Manny Acta's Cleveland Indians for sixth-worst in the majors — would indicate.

"I think we're at a point now where we're very competitive," General Manager Mike Rizzo said.

The small progress of this season will be invalidated if they can't match it next season, a task made more difficult by Stephen Strasburg's Tommy John surgery, forcing him to miss the entire season. Rizzo has made signing a No. 1 starter his first priority, but it is not his only objective.

"This," Lannan said, "is going to be a very interesting offseason."

ADAM KILGORE (THE WASHINGTON POST)

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Sports

Mets Clean House After Losing Season

Pro Baseball

The New York Mets fired manager Jerry Manuel and general manager Omar Minaya on Monday, an expected shake-up of the big-spending ballclub after its second-straight losing season. The Mets said a search is under way for a new GM, who will help hire a new manager.

"We are extremely disappointed in this year's results and the failures of the past four seasons," said chief operating officer Jeff Wilpon, the son of owner Fred Wilpon. "We need to hire a new general manager with a fresh perspective who will transform this club into a winner."

Manuel is the seventh manager this season to lose his job. The final guaranteed year of Manuel's contract expired, and the Mets declined to exercise the club's option on the deal.

The Mets were 79-83 this year, a disappointing 18 games behind Philadelphia in the NL East despite having an opening-day payroll of



Going, Going, Gone

Omar Minaya, above, and Jerry Manuel weren't the only ones to get a pink slip Monday:

- ▶ The Pirates fired manager John Russell, whose teams equaled a franchise record by losing 299 games in three seasons.
- ▶ The Brewers won't bring back manager Ken Macha, who went 157-167 the past two years after the team's first playoff trip in 26 years.

\$133 million that was the fifth-highest in the majors. They have not been to the playoffs since coming within a game of going to the World Series in 2006. (AP)

TV Lineup

COLLEGE FOOTBALL (8 P.M., ESPN2) Troy visits Middle Tennessee in the only live sports action on television Tuesday night.

PRO FOOTBALL (7 P.M., ESPN) Redskins owner Daniel Snyder is profiled by reporter Rachel Nichols on the season premier of ESPN's "E:60."

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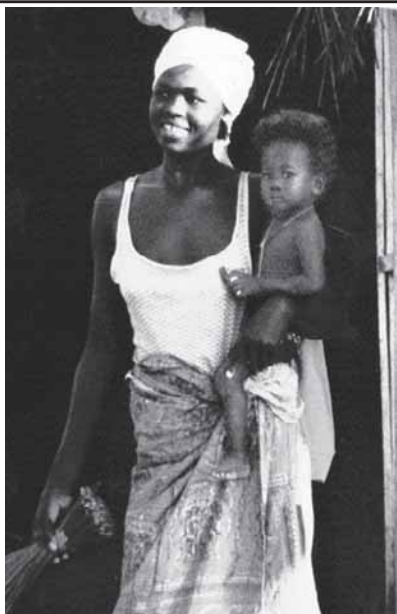
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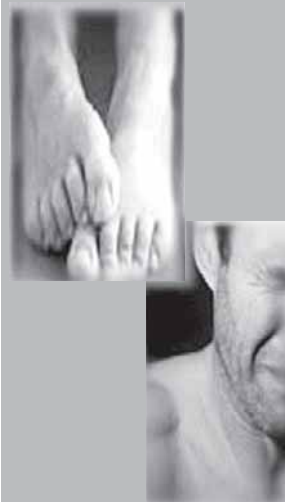
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Sports

Europe Takes Back Cup

McDowell completes great year with putt to defeat Americans

Golf

Graeme McDowell capped off an unforgettable year for himself — and for Europe.

In a Ryder Cup that came down to the very last match Monday, McDowell rolled in a 15-foot birdie putt on the 16th hole, then closed out Hunter Mahan to give Europe the 14½ points it needed to reclaim the precious gold trophy.

It was the first time since 1991 that the Ryder Cup was decided by the final singles match, a thriller made possible by the Americans getting big wins from their best players and a stunning comeback by 21-year-old rookie Rickie Fowler.

Leave it to McDowell, the U.S. Open champion, to deliver another career-defining moment.

Under far greater pressure than he faced at Pebble Beach, he turned back the American rally



ALASTAIR GRANT/AP

Graeme McDowell reacts after sinking a birdie to ensure Europe's Ryder Cup win.

with a birdie putt that seemed to take forever to reach the hole until it tumbled into the cup and set off a ground-shaking roar at Celtic Manor. "The best putt I've hit in my life," McDowell said.

"Graeme McDowell was put there for a good reason — he's full of confidence, and that showed," European captain Colin Montgomerie said. "That birdie on 16 was just quite unbelievable. Quite unbelievable."

After a week of rain that forced the first Monday finish in Ryder Cup history, more showers soon followed — but these came from bottles of champagne sprayed in every direction.

Montgomerie is renowned for a career missing only a major. This felt like one, maybe even better. "This is one of the finest moments of my golfing — wait a minute — this IS the greatest moment of my golfing career," he said. (AP)

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Washington's on a Roll

Two weeks in, Capital Bikeshare is hinting at a widespread movement improvement for D.C.

Cycling

Since Capital Bikeshare (Capitalbikeshare.com), the bike rental service set to be the largest of its kind in the nation, launched two weeks ago, it's logged thousands of rides — and about a million stares. The sight of bright red bicycles in high-traffic spots all over town (soon to be 1,100 bikes at 114 stations across D.C. and Arlington) can't help but make more people consider two-wheeled travel.

"It's the biggest change to transportation in the District since Metro," says David Cranor, who runs the bike blog WashCycle (Thewashcycle.com). As more of those gawkers become riders — possibly giving up their cars in the process — the effect on city life could be huge. "I think you'll see improved health, not just among people using it, but for everyone," he adds.

For this conversion to happen, it needs to be a cinch to use. And from early reports, so far, so good. The sturdy, three-speed cruisers have held up, even through last week's torrential downpours. "They're really comfortable and take rough patches easily," opines Jacques Arsenault, 31, who's biking part of his commute instead of taking the Metro for the first time ever. For Justin Young, 22, Capital Bikeshare has already become his main mode of transportation. The Adams Morgan resident, who doesn't own a bike, has hopped on one every day.

There have been a few complaints about certain racks being empty or full, but as more bike use stats come in, reshuffling should improve. The other problem is the noticeable holes on the



Helmets aren't part of CaBi, but DDOT's Adrian Saunders, above, was smart enough to bring his own. If you can't carry one with you, it might be wise to have one at home and one at work.

station map, although some of those will be filled over the next few weeks. But the biggest pain has probably been simply saying the words "Capital Bikeshare," which is why you're likely to hear it being called "CaBi" instead.

Most trips on CaBi have been similarly shortened because just the first half-hour of a rental is free for members, and the heavy bikes are meant more for tooling around town than training for a century race. But that doesn't mean they're not built for exercise. "I've seen two riders with yoga mats," notes Chris Holben, DDOT's bike-sharing project manager.

Certainly, the opportunity for fitness is one of the selling points for the federal agencies that have partnered with CaBi — OPM, DOT and GSA have bought blocks of memberships to be distributed on a first-come, first-served basis. "Bikesharing is an excellent way to further the Obama administration's goals of helping our employees get and stay healthy," OPM director John Berry wrote in an e-mail.

Even if riders aren't sweating every time they ride, they're being active, which adds up. "This will get me outside more," vows Scott Wells, a 41-year-old Dupont Circle resident. He has his first trip planned for when his bike access key arrives: a leaf-peeping excursion through Rock Creek Park.

He should prep for company. With more than 2,000 members already, CaBi's sure to convince a lot more folks to saddle up. VICKY HALLETT (EXPRESS)

FAQ

How is this different from SmartBike?

Washington's first bike-sharing system was small potatoes. CaBi is 10 times larger — and smarter. The solar-powered stations feature sturdy bikes with non-standard parts (hard for vandals to mess with). And CaBi has daily, monthly and annual memberships, so tourists can now ride.

How much does it cost to join?

An annual membership is \$50 (it'll go up to \$75 Nov. 1). You can opt for a monthly cost of \$25, or a daily cost of \$5. On each ride, the first half-hour is free, the next is \$1.50, the one after that is \$3 and then it's \$6 per hour. But if you keep it for 24 hours, it'll be assumed stolen and you'll be charged \$1,000.

What about the \$101 fee on the sign?

That's a hold on your card that's applicable only to daily members. Be sure to use your credit card rather than your debit card, or you might not have access to that cash for up to 10 days.

Why isn't there a station near me?

The plan is to put racks all over D.C. (and Arlington), but the stops need to be clustered in order to be convenient, so it hasn't been possible to cover all areas. Also, the National Park Service won't allow racks on its land.

What if I want a bike but this rack is empty?

Download the Spot Cycle app (Spotcycle.net) to find one nearby.



In just the first 10 days ...

4,171

The number of rides the service racked up. That breaks down to 400 rides per day and one ride per bike per day.

3.25

 trips per member, on average.

1,315

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300

 rides from Dupont Circle, the most-used station.

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Tell Your Friend She's Not Barbie

Q A good friend is in an awful relationship. The guy is not above telling her what to eat and what to wear. She's in grad school and barely has a dime to her name, and now she's spending a hundred bucks on boots because that's how he wants women to dress! I'm hesitant to say anything, though, because I don't want her to think that I'm criticizing her rather than him. **CONCERNED FRIEND**

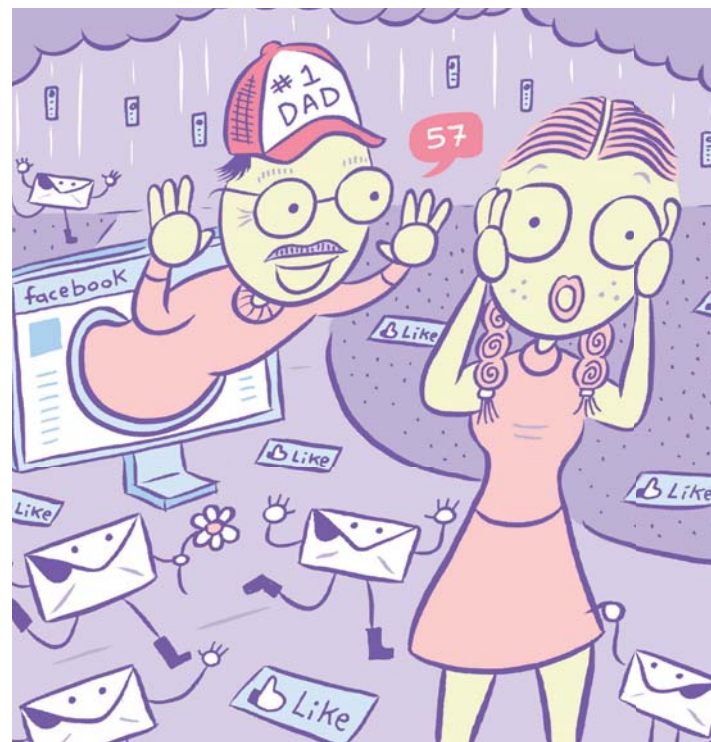
You're wise to realize that your criticism of him can easily seem to be a criticism of her. But you're also wise to be concerned. Emotionally — and physically — abusive relationships can start out subtly, with controlling pronouncements. Often the dominant person then manages to cut off his mate's social support to the point that when that person really needs help, it's almost too late.

That's not to say that this guy is an abuser rather than a garden-variety jerkface, but the issue needs to be addressed. Let her know you don't feel like she's quite herself. Then do more listening than talking, and see whether you can plant some seeds of insight in her. You might need to have this conversation many times, but she needs you. So be gentle, and stay vigilant.



**By Dr.
Andrea
Bonior**

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



Dad, Please Stop Poking Me

Q My dad is brand-new to Facebook. He is addicted to it and loves to message me, post on my wall and poke me. I love my dad, but is he going to grow out of this? Is it just a phase that he is going through? I am a little annoyed by his actions, but how do I say something without crushing his ego? **UGH!**

From the first-time moms requesting diaper output analysis to the 95-year-old great-grandpas flooding your wall with Farmville invitations, there's no shortage of quirky behaviors when family and Facebook collide. The fact that he's new, however, means you need to give him time. Maybe he'll tire of Facebook or get the picture that he needs to take it down a notch, or his computer will mercifully shut itself down.

But if a month or so goes by and it's gotten no better, it's time to decide: Either you increase your ability to ignore, ignore, ignore, or you write him a gentle note — not through Facebook! — that you're sorry you don't have time to respond to all of his communiqués, but you love him just the same and look forward to getting downright prehistoric with a phone call or visit soon.

Event Horizon Riding to Recovery

Just in time for Breast Cancer Awareness Month, Washington Sports Clubs' Dupont Circle location (1835 Connecticut Ave. NW) has launched a free program for all women (including non-members) undergoing treatment. Led by Mary Dolbashian (who taught spinning while enduring chemo!), the hour-long classes Tue. and Fri. at 8 a.m. incorporate cardio, core work and post-surgical stretching. To reserve a bike, e-mail hair.mary@verizon.net.



LAWRENCE LUK

Dedicated badminton players at K2 in Sterling no longer have to hunt for court time at area schools and community centers.

Follow That Birdie

K2 Badminton Club lets players take part in one of the world's fastest racket sports

Facilities

You'd better be ready to rock a shuttlecock if you walk into K2 Badminton Club (45805 Woodland Road, Sterling, Va.; 571-223-6006; K2badminton.com). The only dedicated badminton facility on the East Coast outside New York, K2 opened Aug. 1 with plans to serve the community — at speeds of up to 200 mph.

"The competition level is pretty fierce," says co-founder Kendrick Liu, who joined forces with Kamesh Basavaraju (the other K in K2 and the general manager) after they got fed up with hunting for space to play at school gyms.

After three years of planning, there's no more hunting for Basavaraju, Liu and the more-than 50 members who've signed on to use the 8,500-square-foot facility's six Olympic-level courts. Annual memberships run from a \$500 individual rate to \$1,000 per family, but \$80 drop-in packages and \$5 to \$8



LAWRENCE LUK

The shuttlecock, aka the birdie, is akin to the ball in other racket sports.

daily rates are available, too.

K2 is open to all players: A junior champion from Thailand shares the courts with kids as young as 8 and recreational enthusiasts such as member Faisal Hussain, 37. "This is like a haven," he says. "When this started, I was playing seven days a week."

If you're looking to improve your game, K2 offers private lessons and classes. "The first thing [to work on] is the footwork, because no matter how good your shot is, if you can't get there, you can't hit it," Liu says. To practice shadowing an opponent, you can start at the middle of the 44-by-20-foot court and then run to one corner, pretend to hit a shuttlecock, return to the midpoint and

then run to another corner, repeating the moves until all four corners are covered. Another popular drill is "picking up the birdie": Shuttlecocks sit on either side of the court and you stand in the center holding one. You run to one side, drop your birdie and grab the one waiting, return to the center and do the same on the other side.

Wrist flexibility is also crucial, Liu says, because you can fake out an opponent by redirecting the birdie with a quick flick. To prep the joint, he tells players to "scoop the tofu" by cupping your hand with the palm up, moving it slightly to the left and then flipping the palm down.

But a match, which consists of three games and averages 25 minutes, works all muscle groups. Running around the court covers legs and cardio, and swinging the racket gets the upper body going. "I've changed my clothes three times in one day just because of the sweat," says Angie Marcel, K2's marketing director.

Ultimately, however, Liu and Basavaraju are most interested in child's play. "Our dream is to build an academy where we can nurture the next generation," Liu says. **STEPHANIE KANOWITZ**

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BEVERAGES

Coffee, Tea or Tumor?

Here's a good excuse for grabbing a mug of java or Earl Grey: It just might protect you from cancer. The American Journal of Clinical Nutrition recently reported findings from a European study that showed coffee and tea drinkers (those who drank at least 3.5 ounces per day) were less likely to develop malignant brain tumors than people who drank less or none at all. It's still unclear, however, whether the health benefits come directly from the beverages and not from some other factor that links this group.



PEDIATRICS

Child's Best Friend

You already knew Lassie saved Timmy when he fell into the well. But did you know that lovable collie also perhaps shielded his young pal from eczema? A new study published in the Journal of Pediatrics reveals that children in homes with dogs have a reduced chance of developing the itchy skin condition. Sorry, Kitty, but kids in homes with cats didn't receive the same protection.

Recipe File

Start to Finish:

25 minutes (10 minutes active)

Ingredients

- ▶ 2 cups peeled and diced butternut or other winter squash
- ▶ 2 cups medium or hot tomato salsa
- ▶ 14 1/2-ounce can reduced-sodium chicken broth
- ▶ 1/3 cup crumbled reduced-fat corn tortilla chips
- ▶ 2 cups frozen corn kernels
- ▶ 1/2 teaspoon dried oregano
- ▶ 1/2 teaspoon ground cumin
- ▶ 1 pound bay scallops
- ▶ 1 tablespoon lime juice
- ▶ Lime wedges for squeezing

Serves Four

In a large pot over medium-low heat, combine the squash, salsa, broth and tortilla chips. Bring to a simmer, cover the pot and cook until the squash is tender, five to seven minutes. Stir in the corn, oregano and cumin.



LARRY CROWE/AP

BUTTERNUT SQUASH AND SCALLOP CHOWDER

Return the soup to a simmer, stir in scallops and cook until they are opaque at the center, two to three minutes more. Stir in the lime juice. Serve with additional lime wedges for squeezing. (AP)

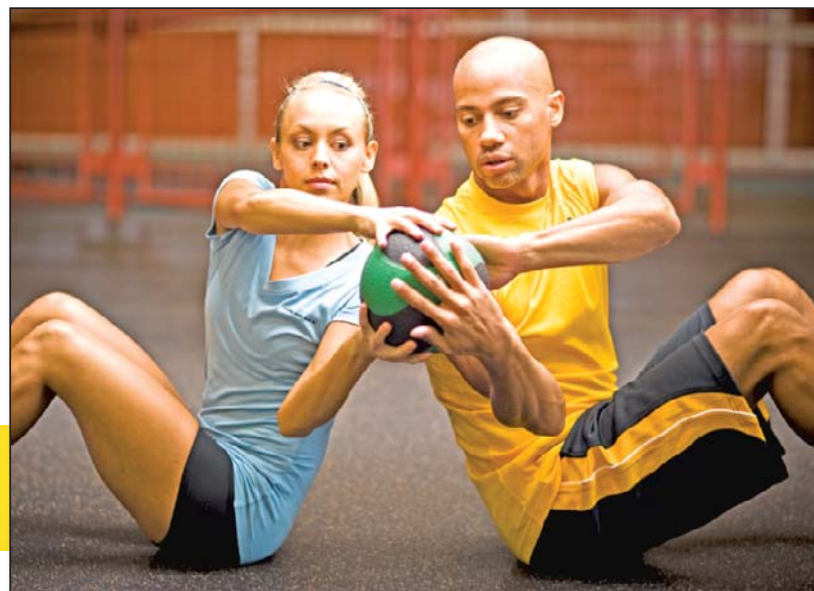
 258 calories; 30 calories from fat (12 percent of total calories); 3 g fat (0 g saturated; 0 g trans fats); 37 mg cholesterol; 35 g carbohydrate; 23 g protein; 6 g fiber; 1,165 mg sodium.



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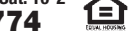
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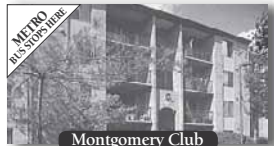
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Sound Bets



LAURA LEVINE

Tunes for Tykes

The best kiddie jams are those that still sound like "real" songs. They Might Be Giants, for example, do wonders teaching children about ABCs and science on albums that won't make adults want to crush the stereo when heard for the millionth time.

Elizabeth Mitchell doesn't go the edu-



By
Christopher
Porter

cator route on her rugrat collections, but her voice is so soothing that you won't mind listening to her coo about flowers, sunshine and the moon on repeat.

I've been listening to Mitchell sing for nearly two decades — she's the co-founder of the gorgeous indie-folk band *Ida* — and it's a pleasure to be able to share her music with my li'l munchkins. Her fifth recording for kids, "Sunny Day," is her second for Smithsonian Folkways, and it slots perfectly alongside the label's ankle-biter collections by Woody Guthrie and Ella Jenkins.

Mitchell, her husband, Dan Littleton, and their 9-year-old daughter, Storey, created the record with friends such as the Band's Levon Helm and the Mekons' Jon Langford, but "Sunny Day's" bright spot is always Mitchell. Her voice is a breathy reassurance that, yes, this song is worth listening to 17 times in a row.

@ Comments? Give Christopher your feedback: expressnightout.com/soundbets



JOHN CLARK

Along with backers Sara Lund, left, and Seth Lorinczi, right, former riot grrrl Corin Tucker moves past her angry punk persona to embrace a calmer, more pared-down sound.

Playing It Safer, Softer

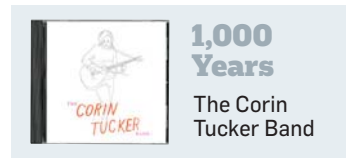
Sleater-Kinney alum Corin Tucker strikes out on her own with new, restrained tunes

Album Review

It's startling to hear Corin Tucker without Carrie Brownstein and Janet Weiss. For 12 years, the three women made some of the finest and fiercest rock 'n' roll as Sleater-Kinney, with Tucker's vocals sitting perfectly alongside the derring-do crunch of Brownstein's guitars and the manic bang of Weiss' drums. After 2005's "The Woods," however, Sleater-Kinney went on indefinite hiatus.

While Brownstein pens an

excellent blog at NPR Music and Weiss pounds the skins for Stephen Malkmus' backing band, Tucker has laid decidedly low for the past five years, raising her two young children. But she is the first S-Ker to release new material, an album billed to the Corin Tucker



Band on Sleater-Kinney's old label, Kill Rock Stars.

It's impossible not to hear Tucker's new material in the context of Sleater-Kinney or to compare it to that band's formidable catalog. But on "1,000 Years," she moves deci-

Inspiration

Just Another Twihard



Tucker, a self-proclaimed "huge 'Twilight' fan," used the movie as inspiration for a few of her songs. Tucker told Blogout.justout.com that she met with the "Twilight" music supervisor before pitching songs for the film. Her work wasn't selected, but she has no hard feelings. "I actually really enjoyed that assignment as a songwriter," Tucker said. "I think part of me really relates to that teenage angst." (EXPRESS)

sively away from familiar territory with a sound that's sparer yet more eclectic than S-K, incorporating acoustic guitar, bass and percussion.

For Tucker, this is a softer-edged sound, intended to showcase her vocals. Known for her angry, righteous wail, she dials her performance down considerably on "1,000 Years." It mostly just sounds like she's holding back — or the new band is holding her back.

Maybe Tucker is just as startled to be without Brownstein and Weiss as we are to hear her that way. Uneven and often unformed, this album sounds less like an arrival and more like a first timid step out of her comfort zone.

STEPHEN M. DEUSNER



Healthy Obsession: Perez Hilton is losing and gaining — losing weight and gaining a website, that is. After dropping more than 60 pounds over the past three years, the celebrity blogger launched a fitness-focused site Monday called FitPerez.com. "It's an organic next step for me," said the 32-year-old. Hilton, who relies on four trainers for his seven-days-a-week exercise plan, said the new site is all about encouraging his readers to be healthier. (AP)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

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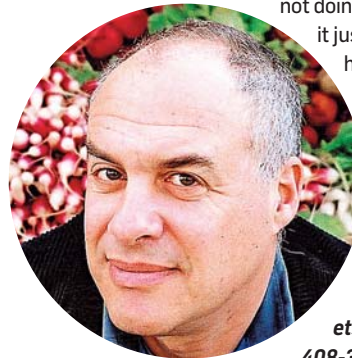
1 Praise, Not Bury

We're not excited about this year's all-girl Shakespeare play just because we love Taffety Punk. First of all, "Julius Caesar" is a great play for a city obsessed with political intrigue, and second: IT'S ALL FEMALES. This is our favorite idea ever. We know the Riot Grrrls do an all-female Shakespeare play every year, but this is officially the best one they could have chosen. **Capitol Hill Arts Workshop, 545 7th St. SE; through Oct. 23, \$10; 800-838-3006. (Eastern Market)**

2 Rolling 10 Deep

Despite its, um, creative spelling, Gayngs is certainly a gang — in that Band of Brothers way, not that it-shoots-other-bands way. This particular performance features guys from Bon Iver, Solid Gold, Megafaun and a bunch of other bands performing what we'd describe as the Beach Boys if they were dumped into a slowed-down dream universe filled with angular rhythms and a hint of '80s porn music. **Black Cat, 1811 14th St. NW; 8 p.m., \$20 or \$18 in advance; 202-667-4490. (U St.-Cardozo)**

3 Cooking the Books



You already know that it's preferable to eat seasonally, locally and organically. You probably felt bad about not doing it just today. But, hey, maybe it just wasn't going to take until you heard it from Mark Bittman of the New York Times, who's just written a cookbook. We didn't say it was a logical plan, but we like the way Bittman talks, so we'll give it a shot. **Sixth and I Historic Synagogue, 600 I St. NW; 7 p.m., \$12 or get two free tickets when you buy the book; 202-408-3100. (Gallery Place)**

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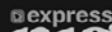
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lookout entertainment

The Next Dimension

Musicians embrace new technology with 3-D movie-concerts

Trends

At the beginning of the re-emergence of 3-D, the focus was on film, with movies such as "Avatar" paving the way for the technology to become an integral part of the cinema experience.

Soon TV followed, with sporting events such as the World Cup featured in 3-D, and companies such as Sony and Samsung rolling out 3-D televisions.

Now, the music world is making sure it isn't left behind in the 3-D revolution. Justin Bieber and the Black Eyed Peas are planning to release 3-D movie-concerts, while the music video for Shakira's World Cup anthem, "Waka Waka (This Time for Africa)," had a version in 3-D. Even acts such as Sia and the Broken Bells are producing 3-D clips.

"It changes the art form of storytelling. It's pretty amazing," said



Jon Bon Jovi, left, Justin Bieber, center, and the Black Eyed Peas test the 3-D waters.



Look, Mom: No Glasses!

It's getting easier to watch 3-D video at home. Toshiba Corp. said on Monday it plans to sell the first glasses-free 3-D TV sets in December. (EXPRESS)

the Peas' leader, will.i.am.

"Avatar" director James Cameron says 3-D's spillover to music will find success. "Music videos in 3-D: It's natural," he said.

JeanBaptiste Duprieu, senior

director at Sony Music International, says the company will "produce a lot of 3-D content this year."

Sony plans to film 3-D content with its classical musicians — including a recent recital with pianist Lang Lang.

"You would think classical music is pretty static and you would not feel that much stuff going on, but actually, because of the depth of 3-D, you really actually enhance the listening experience and connection to the music by having that shot in 3-D," Duprieu said. MESFIN FEKADU (AP)

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TV tonight **lookout**

War of Leaked Words

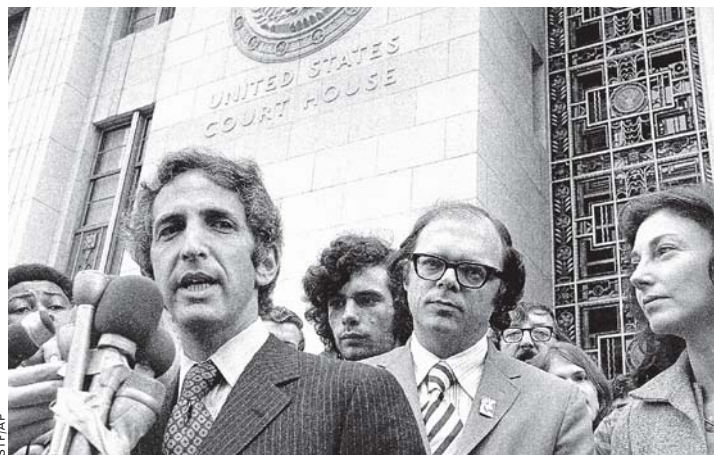
Filmmakers revisit the Pentagon Papers in a timely PBS doc

History

PBS 10:00 In the early 1970s, a disgruntled military veteran, scholar and war planner used a Xerox machine to make a point and inadvertently toppled the U.S. government.

"P.O.V." concludes its 23rd season with the 2009 documentary "The Most Dangerous Man in America: Daniel Ellsberg and the Pentagon Papers" by Judith Ehrlich and Rick Goldsmith.

"Dangerous" recalls Ellsberg's time in the Marines and his eagerness to engage in combat even after leaving the service and becoming a civilian analyst. In a series of interviews, he explains his increasing disillusionment with the war and disenchantment with leaders who expressed grave doubts about Vietnam in private and then offered the



Daniel Ellsberg, left, speaks outside the Federal Building in Los Angeles in 1973.

public a rosy litany of lies.

After Ellsberg's boss, Secretary of Defense Robert McNamara, commissioned a 7,000-page history of the war, Ellsberg became convinced that it should be made known to the public. His decision to steal, copy and leak the secret history known as "The Pentagon Papers" resulted in one of the greatest crises in government's relationship to the press and ended with a landmark

Supreme Court decision. And the Nixon administration's efforts to personally destroy Ellsberg led to the excesses that would become known as Watergate.

A riveting piece of history, "Dangerous" remains remarkably timely, particularly in light of the recent Wikileaks exposure of documents related to the war in Afghanistan. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Best Bets

CW 9:00

Life Unexpected Cate tries to mend fences with Ryan (Kerr Smith, right) by bonding with Kelly, his new on-air partner, but she shares too much, and a secret she'd been keeping finds its way back to Ryan. Tasha returns with news about her living situation.



FOX 9:00

Raising Hope When Hope starts crawling, the family rushes to baby-proof the house, which means finding new places to store things. This leads to the revelation that Virginia is a hoarder, and the storage shed is full of her belongings.

CBS 10:00

The Good Wife Cary tries to stack the deck against Alicia (Julianna Margulies, left) during the trial of an Army reservist in the murder of his wife. Childs has a few tricks of his own up his sleeve aimed at sabotaging Peter's campaign. Radio talk show host Lou Dobbs guest-stars.



FX 10:00

Sons of Anarchy In an effort to help his mother and his little boy, as well as the club, Jax forges an alliance with an unlikely party. Meanwhile, the club has an undercover assignment for Chucky in the new episode "Turning and Turning." (TRIBUNE MEDIA)

Workouts



Ball's in Her Court

The contestants on "The Biggest Loser" (8 p.m. on NBC) get tennis lessons from champion and model Anna Kournikova before they confront a challenge involving tennis balls. Elsewhere, one contestant with a bad attitude learns a very important lesson the hard way: Do not dis the guy who has the power to make you sweat your you-know-what off. (TM)

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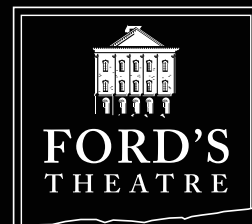
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Photo of (clockwise from left) Tom Story, Todd Gearhart and Susan Heyward by Scott Suchman.

Poll Center

Today's Question

ARE YOU SURPRISED THAT CNN GAVE ELIOT SPITZER A JOB AS A TALK SHOW HOST?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

HAVE YOU CHANGED YOUR EUROPEAN TRAVEL PLANS DUE TO THE SECURITY ALERT?



“What is keeping me from that European vacation is cost — not the threat of terrorism.”

COMMENTER FRANK

“I was planning to take my monthly weekend getaway to Paris, but now I think I’ll go every other month instead.”

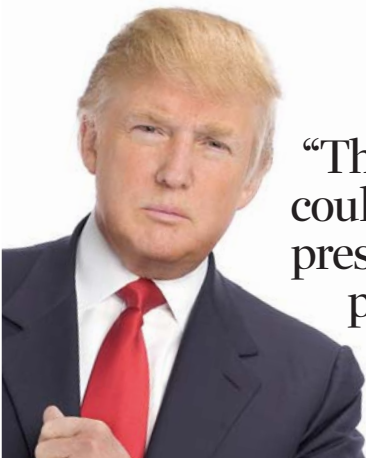
COMMENTER RURAHH

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“How do you take a classic TV [show] and destroy it? There’s a good chance DC Comics is about to let us know, announcing plans to reboot the ‘Wonder Woman’ franchise by handing it over to David E. Kelley, the guy behind ‘Ally McBeal,’ ‘Boston Legal’ and ‘The Practice.’”

— FOREVERGEEK.COM THINKS THE TELEVISION WRITER COULD RUIN A REMAKE OF THE POPULAR TELEVISION SERIES FROM THE 1970S.



“The mere idea that anyone, anywhere, at any time, could consider an amoral chump like Donald Trump as a presidential candidate speaks volumes about the idiocy that passes for political discourse in this country.”

— A COMMENTER AT POLITICALTICKER.BLOGS.CNN.COM WAS STUNNED TO HEAR ABOUT A TELEPHONE SURVEY OF NEW HAMPSHIRE RESIDENTS LAST MONTH THAT ASKED THEIR FEELINGS ABOUT POTENTIAL 2012 REPUBLICAN CANDIDATES. THE SURVEY INCLUDED QUESTIONS ABOUT TRUMP.



“Nicki Minaj has to be the first artist to ever win a bunch of BET awards without releasing an album.”

— PREFIXMAG.COM WAS A BIT SURPRISED THAT THE RAPPER WON THE “ROOKIE OF THE YEAR,” “PEOPLE’S CHAMP” AND “MADE YOU LOOK” TROPHIES ON THE SHOW, WHICH IS SET TO AIR ON OCT. 12.

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Horoscope

LIBRA (Sept. 23-Oct. 22) You're in the mood for something new, but nothing on the horizon seems suited to your taste. You may have to wait longer.

SCORPIO (Oct. 23-Nov. 21) It's time to relax, sit back, and let things unfold before you. The time will come, very soon, to spring once more into action.

SAGITTARIUS (Nov. 22-Dec. 21) A close friend is trying to get in touch, but you may not be in the mood to relive an episode that raises conflicting feelings.

CAPRICORN (Dec. 22-Jan. 19) You'll need the assistance of someone who has been there, done that in order to come through without a scratch.

AQUARIUS (Jan. 20-Feb. 18) It may not be enough simply to put your best foot forward; you'll want to be sure it's the best impression you've ever given.

PISCES (Feb. 19-March 20) Your professional status is not likely to come under fire, and you'll enjoy a great deal of adulation from those with an eye on you.

ARIES (March 21-April 19) The time has come for you to act definitively where a particular choice is concerned. Others aren't likely to brook uncertainty.

TAURUS (April 20-May 20) What appears black and white may actually be far more complicated, and you must be ready to set things straight for a loved one.

GEMINI (May 21-June 20) You're not likely to have much patience with those who are unwilling to clean up after themselves — literally or figuratively.

CANCER (June 21-July 22) You've been following someone's behavior for some time, and now you feel as though you truly understand his or her real motives.

LEO (July 23-Aug. 22) Once is not enough, and twice is only likely to satisfy you on the surface. If you're going to be truly content, you must keep at it.

VIRGO (Aug. 23-Sept. 22) A last-minute change of plans may seem like an inconvenience, but very soon you'll realize that things are following a productive course.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 219

A ₁	E ₁	E ₁	I ₁	T ₁	R ₁	K ₅

--

RACK 1

A ₁	I ₁	T ₁	P ₃	R ₁	S ₁	H ₄

2nd Letter Double

--

RACK 2

A ₁	U ₁	S ₁	H ₄	L ₁	L ₁	P ₃

Triple Word Score

--

RACK 3

A ₁	O ₁	T ₁	G ₂	S ₁	M ₃	N ₁

--

RACK 4

Yesterday's Solution

S ₁	A ₁	W ₄	F ₄	I ₁	S ₁	H ₄	RACK 1 =	67
F ₄	L ₁	A ₁	N ₁	N ₁	E ₁	L ₁	RACK 2 =	60
W ₄	I ₁	L ₁	D ₂	E ₁	S ₁	T ₁	RACK 3 =	61
M ₃	I ₁	D ₂	R ₁	I ₁	F ₄	F ₄	RACK 4 =	98
PAR SCORE 200-210								TOTAL 286

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

		7		3				4
	2				1	5		
			4	2				9
	8					3		
5	9			8			7	2
		3					6	
2				5	8			
		9	3				2	
1				7		9		

Yesterday's Solution

8	1	4	5	6	3	9	2	7
5	7	6	8	2	9	1	4	3
9	2	3	1	4	7	8	5	6
2	4	9	6	5	1	7	3	8
7	5	8	9	3	2	4	6	1
6	3	1	4	7	8	5	9	2
1	9	2	3	8	5	6	7	4
4	8	7	2	9	6	3	1	5
3	6	5	7	1	4	2	8	9

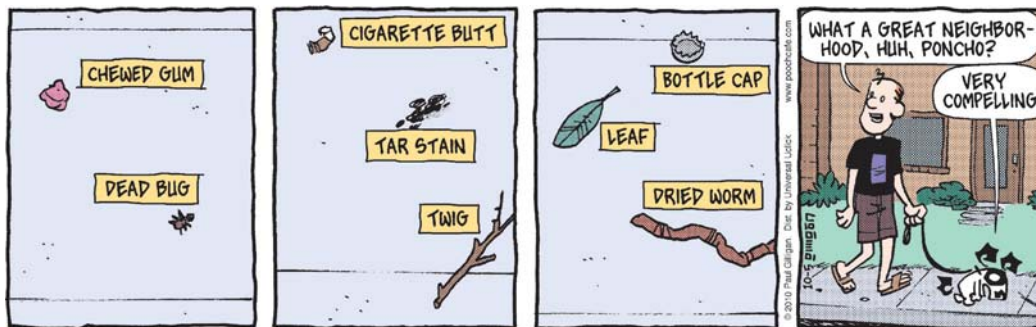
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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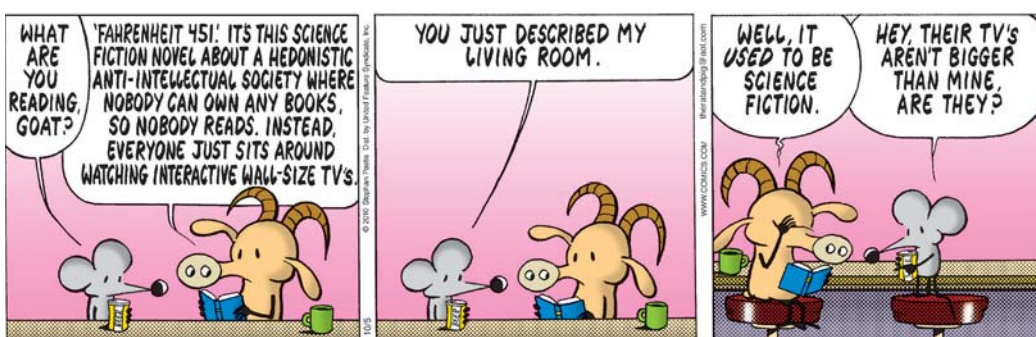
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65 | 48

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65 | 54

Tomorrow: Showers tomorrow. A shower tomorrow evening.

Looking Ahead



THU



FRI



SAT

73 | 57 75 | 53 73 | 56

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Sunrise today: 7:08 a.m.
Sunset today: 6:45 p.m.
Moonrise today: 4:28 a.m.
Moonset today: 5:13 p.m.

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Crossword

BEDROCK

ACROSS

- 1 Aromatic ointment
5 "Good ____!" ("Peanuts" exclamation)
10 "____ brillig, and the slithy toves ..." ("Jabberwocky")
14 "And ____ we go!"
15 Theater passageway
16 Top-rated
17 TV deputy
19 Skeleton part
20 Former joint tenants?
21 Less healthy
22 "No whispering!"
23 Superman's emblem
24 Sufficiently skilled
26 Big name in cake mix
31 They come out at night
34 "Got ya!"
35 Volcanic threat
36 Train yard vagabond
37 Small fly-catching bird
39 Terminer partner
40 White-centered cookie
41 Took in take-out
42 When penitents come back from lunch?
43 1960 Olympic track star
47 Traditional Indian garment
48 One of the Bobbseys
49 Hail, to Caesar
52 A deadly sin
55 Undid, as an amendment
57 Kachina doll-carving Native Americans
58 "The Wonder Years" star
60 Tina's "30 Rock" co-star
61 Vocalist's extent of pitch
62 Islamic prayer leader
63 Moist and musty
64 Came to a decision
65 Spanish lady's title

DOWN

- 1 Pretty women, slangily
2 Helplessly inundated
3 Tough-wooded conifer
4 Aping avian
5 Most festive
6 Most abundant

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20									21					
22				23				24	25					
			26				27				28	29	30	
31	32	33					34				35			
36					37	38					39			
40					41					42				
43				44				45	46					
			47					48				49	50	51
52	53	54					55				56			
57						58	59							
60						61					62			
63						64					65			

EDITED BY TIMOTHY E. PARKER

- 7 Goddess who wed her brother
8 Small toymaker
9 Attorney's charge
10 It may be spread before dinner
11 Deceptive eye covering?
12 Diary keeper Frank
13 Carson's Carnac, for one
18 Blades with guarded tips
21 U.N. workers' rights group
24 Back woe
25 Hillside by a loch
26 Witch's transport
27 Changed direction, as a ship
28 It's a bout done?

- 29 "____ I know that"
30 Almost unique
31 Broadway production
32 Actress Spelling
33 Genesis shepherd
37 Young salmon
38 Case for tweezers and such
42 Breathing interruption
44 "How satisfying!"
45 All nerves
46 Required renewal
49 Texas mission to remember
50 One unlikely to bring home the bacon
51 Abnormal plant swelling
52 River herring
53 Kinks hit of 1970

- 54 ____ to suggestions
55 Tenant's expense
56 Like an obsessive collector
58 Away from to?
59 Hip-hop element

Yesterday's Solution

1	N	O	S	H	6	S	H	A	S	T	A	11	A	L	A
2	O	H	I	O	7	A	O	R	T	A	L	12	B	O	G
3	R	O	C	K	8	A	N	D	R	O	L	13	B	A	R
4					9	T	I	N	K	14	A	N	E	C	D
5	A	S	H	E	10	R	Y	E	15	L	A	T	H	E	
6	S	T	O	R	11	A	G	E	16	R	E	N	T	E	D
7	P	O	P	12	O	V	E	R	17	R	E	A	T		
8					13	W	I	T	18	H	O	U	T	A	B
9					14	R	O	S	19	E	A	T	E	15	D
10	U	N	S	U	16	R	E	20	E	L	A	21	T	I	O
11	M	O	W	E	17	A	S	22	N	I	T	T	Y		
12	P	R	E	S	18	I	D	23	I	O	24	U	T	E	
13	I	R	E	19	F	U	D	25	G	E	R	I	P	26	L
14	R	I	P	20	I	C	E	27	M	A	N	28	I	R	O
15	E	S	21	C	E	D	A	29	R	S	30	N	O	T	E

Today in History

- 1947** President Harry S. Truman delivers the first televised White House address as he speaks about the world food crisis.
- 1953** Earl Warren is sworn in as the 14th chief justice of the United States, succeeding Fred M. Vinson.
- 1962** The Beatles' first hit recording, "Love Me Do," is originally released in the United Kingdom.

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**UNTRUE****'Glee' Cameo Shows Maturity, Good Judgment**

Britney Spears' father's conservatorship over her will likely end within three months, an unnamed source told Radaronline.com: "Britney has made tremendous progress in the past three to four months. She seems to be firmly in control again." The conservatorship has stood since February 2008, after Spears had several breakdowns. (EXPRESS)

Vocabulary**Tila Knows Word 'Audacity'**

Tila Tequila says she's being extorted by an ex-boyfriend, who says he'll release a sex tape they made together long ago, Radaronline.com reported. "He has the audacity to not only betray me with the love that I had for him, but to use that to exploit me and hurt me." (EXPRESS)

**FILTHY HABIT****Katherine Heigl Now World's Most Expensive Humidifier**

Katherine Heigl is attempting to quit smoking by using an electronic cigarette, she told Parade.com. "I know it's ridiculous, but it's helping me [avoid smoking] real cigarettes," she said. "You feel like you are smoking, and you get to exhale, but it's just water vapor and not nicotine. I've been doing it for six months." Heigl said no other smoking-cessation remedy has worked for her before the new device came on the scene. (EXPRESS)



ALBERTO E. RODRIGUEZ/GETTY IMAGES

HANDS**No Ring Here, Either!**

Celebrated spinster Jennifer Aniston, 41, has been deemed the world's most eligible single woman, according to a "60 Minutes"/Vanity Fair poll released Monday. With 29 percent of the votes, Aniston beat out Halle Berry (21 percent), Elin Nordegren (15 percent), Betty White (11 percent), Lady Gaga (5 percent) and Supreme Court Justice Elena Kagan (4 percent). Usmagazine.com notes that Aniston has been rejected by Brad Pitt, John Mayer and Vince Vaughn. (EXPRESS)

RUMORS**'OK, OK, You Can Play the Theremin. Could You Cry Now?'**

Completely anonymous sources tell TMZ.com that an "Oprah" camera crew arrived at the Sherman Oaks, Calif., home of Mel Gibson ex Oksana Grigorieva to shoot the latter performing her music. According to TMZ, Oprah and Grigorieva are having a televised sit-down, and Grigorieva wanted her musical skills shown off as part of the deal. Not surprisingly, no one from either camp would comment. (EXPRESS)

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